



CONTEST IDEAS FOR FOOD SERVICE

Secondary Schools

Trivia

Host a Breakfast Trivia Contest once a month. Place clues on the serving line or near the register. Create your own trivia or use the trivia provided.

Breakfast Trivia Questions

1. Name the pioneer breakfast that were oval-shaped breads, made from cornmeal, water, buttermilk and baking powder.
2. In 1894, this cereal was discovered when a pot of cooked wheat was overcooked and then dried.
3. There are nine essential nutrients in a glass of milk. They include calcium, protein and vitamin D. Which nutrients are missing?
4. A formal breakfast that includes orange juice, coffee, poached eggs with asparagus tips, lamb chops, green peas, English muffins and crackers with Brie describes what type of historical breakfast?
5. Which two forms of media helped make cereal popular?
6. Many pioneer breakfasts used what as their main ingredient?
7. What was the first sweetened cereal called?
8. In 1902, how many brands of cereal were there?
9. The first cereal had to be soaked overnight in milk before eating it. It was a mixture of water and graham flour before it was baked. What was the name of this first ready-to-eat cereal?
10. How many pounds of milk does it take to make one pound of cheese?
11. A healthy breakfast should include: _____ and _____
12. Eating oatmeal can improve what health condition?
13. Which type of oatmeal is the least processed and has the most fiber per serving?

See answers on page 2.



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Logo Design

Come up with a breakfast theme for the year then host a contest where students design a logo to match the theme. The winning entry will become the official breakfast logo for the year.

Smoothie Contest

Sponsor a schoolwide smoothie contest. Students from each grade level submit a creative smoothie recipe that contains dairy. Three finalists are chosen from each grade level to create their smoothie during breakfast. Smoothies are judged by a panel of peers. Smoothie recipes can be featured in school news and website. Samples can be offered at special events the school hosts.

Breakfast Trivia Answers from Page 1

1. Corn Dodgers
2. Corn Flakes
3. Phosphorus, Riboflavin, Vitamin B-12, Potassium, Vitamin A and Niacin
4. Victorian
5. Radio and Television
6. Corn Meal
7. Ranger Joe Popped Wheat Honnies
8. 40
9. Granula
10. Ten
11. Lean Protein, Complex Carbohydrates and Healthy Fats
12. High Cholesterol
13. Steel-Cut Oatmeal